

Halloween hijinks

Students model some of the year's hottest costumes. Pages 8, 9

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Movie review

Is the Rum Diary worthy of all the hype? Page 12

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43RD YEAR — NO. 23

Hypnotist gets XXX rating



PHOTOS BY BRENDAN DALEY

Brave students looking for mid-term stress relief headed to the Sanctuary on Oct. 26 where XXX hypnotist Tony Lee performed.



By BRENDAN DALEY

It's not often that you see an adult violating a chair — let alone four adults simultaneously. However, if you were at Tony Lee's show, this was one of the many things you saw.

Approximately 150 students gathered after-hours on Oct. 26 as Lee, an XXX hypnotist, took to the stage in the Sanctuary. An 18 plus show, Lee's combination of hypnotism, comedy and sex-

uality had students on the edge of their seats.

While the majority laughed, some watched sheepishly as a mild-mannered yet crude Lee began his act. Encouraging volunteers to come forward, what began as a mild performance quickly changed as Lee's menacing voice prompted volunteers to engage in a series of comedic yet humiliating acts.

The crowd watched in astonishment as those on

stage, dazed and in a sleep-like state, complied with Lee's instructions. Between driving imaginary cars and simulating sexual activity, nothing was off limits.

"The general public, even though they may not acknowledge it, this is what they want to see," explained Lee, referring to his sexually-infused act.

Performing at Conestoga College for more than five years, Lee continues to attract both show veterans

and first-timers alike.

"We're ready for something fun. With mid-terms, we need some stress relief," said first-time viewer Kaitlin Jackmin.

Lee said he was first exposed to hypnotism after unintentionally hypnotizing his girlfriend at the time. After this experience, Lee developed a strong interest in hypnotism and decided to launch a show. What was intended to only be a three-year gig turned into a per-

manent stint taking him around the country.

Performing for 26 years, Lee has no plans of stopping anytime soon.

"You're as young or old as the women you date," joked Lee regarding his age.

Although he has plans of launching a theatre tour in Aruba, Lee, a reoccurring recipient of the Canadian Campus Awards entertainer of the year award, also plans on continuing to tour campuses in the future.

Psychic weighs in on the future of students

By DREW LOGAN

A first-year student will see her long lost sister within the next 10 years.

Why? The psychic in the Sanctuary said so.

Psychic reader Dan Valkos came to Conestoga College to stun students with his insightful readings on Oct. 25. The psychic readings were courtesy of Conestoga Students Inc. (CSI).

"We did the readings last year and students loved it, so we're doing it again," said CSI

president Ciara Byrne.

Early childhood education student Lizzy Stohr had a mix of emotions while waiting for Valkos.

"I'm nervous, I'm excited," said Stohr.

Valkos allowed each student to ask three questions about his or her personal life. He would then respond with his own unique insight that left students with new outlooks both bad and good.

"I deliver insights that generally help people. My psychic readings are of goodwill," said

Valkos.

The three questions Stohr asked Valkos were: "When will I meet my soulmate?," "Will I get my dream job?" and "Will I ever meet my half-sister?"

These three questions are actually among the most commonly asked by students, Valkos said.

"Students ask questions based on three generalities: love life, education, long-term career," he said.

Valkos informed her that a "soulmate" will appear within

two years.

"He also told me I may not get my dream job, but that I will love the job that I am in," said Stohr.

Valkos also said Stohr is destined to run into her half-sister within the next 10 years.

"I believe him, but I'm also skeptical. It's hard to decide what to believe," said Stohr.

Valkos has been involved in the paranormal since 1969 and was the director of the Paranormal Enlightenment Centre for seven years.

He has appeared on over 1,500 radio shows and has lectured or performed at more than 1,000 colleges.

He's also written two books: The Psychic World and How You Can Be a Part Of It, and The Psychic World of Your Dreams.

Currently Valkos is busy touring Ontario colleges to "open students' eyes."

"My job is my life to me," Valkos said. "It is what I do to help others. But my key thing is I can give somebody some advice, guidance and insight."

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you had a chance to go into space, would you do it and why?



"I don't think I would, it sounds scary to me. There's a lot of horror stories about things blowing up."

Tiffany Martindale,
applied health
informatics

"The experience would be very welcomed. The thought of being able to experience life without weight is so exciting; imagine the endless hours of fun you would have experimenting."

Cory Anderson,
computer
engineering-technology



"Yeah I think I would. Life is too short so you gotta do everything that you can."

Jackie Gagnon-Jobidon,
first-year
office administration-legal

"No, I don't think I would. I'm just not interested in leaving this planet."

Lindsay M'Comb,
first-year
business insurance



"I probably would not but I don't have a reason why."

Chad Frey,
first-year
business administration-
accounting

"I would not go into space. I have a lot depending on me, so I have no need to go that far."

Angela Cameron,
BSCN - nursing level 2



Smile Conestoga, you could be our next respondent!

Love is Battlefield 3

When EA revealed the first trailer for Battlefield 3 it was clear what they were aiming at; Call of Duty: Modern Warfare 3. Promising an explosive single-player game and a relentlessly fun multiplayer game that the battle-field series is known for, can Battlefield 3 match up in the crowded military first-person shooter field?

For the most part, yes.

The campaign starts you off in an exhilarating on foot attack on a subway train that's moving at full speed through New York with a bomb ready to blow, setting the non-stop pace immediately.

The game manages to keep this pace going for the most part with other highlights including taking control of a gunner in a fighter pilot shooting down enemy fighters, crossing a desert in a tank with dusty winds sweeping the landscape and a frantic assault on a French airport trying to prevent a terrorist attack.

These moments are very similar to the Call of Duty kind of "shock and awe" campaign that has made it so popular. And for the most part it manages to hit on most of what makes Call of Duty great. But there are a few costly mistakes that stop it from achieving true greatness.

For one thing it's short, real short. It will take you less than five hours to complete the campaign on normal difficulty, and you don't really feel the need to go back for more once you've finished it.

And, the game's story isn't that great, it's VERY similar to Call of Duty: Black Ops (almost shocking so), and you can clearly see where the game is going to go.

Overall, the single-player portion of the game is good, but not great.

But if you at all plan to play the multiplayer, then you're in for a fantastic experience.

Unlike Call of Duty,



James Witczak
Opinion

Battlefield 3 multiplayer requires teamwork to get the job done. You're not a one-man team and you can't win a game all by yourself. There are tanks, helicopters, jets and all other sorts of vehicles to get you across the huge maps that can house up to 26 players on the console versions.

There are levelling systems for not only the four multiplayer classes with each of them having their own unique role in the game, but for your overall level.

I could go on for hours and hours about all the impressive features that the game offers but at the end of the day, it truly comes down to the gameplay.

There's nothing like getting a transport truck travelling at full speed toward an enemy flag with four other players in and launching a full out attack with rockets, grenades and every bullet you have in your gun at the enemy before finally capturing the flag and moving on to the next one with your new online buddies.

The two premier multiplayer modes (conquest, which involves each team

rushing toward flags to capture them, and rush, which involves one team defending a set of objectives and another attacking it) are what make this game stand apart.

The game does offer a co-op mode, but it's not really that fantastic. Each of the six levels will take you and a partner around 15 minutes to beat, and like the single player, you're really not going to want to go back to play them once you are done.

On the plus side, the game looks and sounds amazing. The graphics are clearly some of the best of this generation, with the lighting truly standing out as something that made my jaw drop and say "whoa" a couple of times. And the loud thunderous noise of a M416 going off really immerses you in the experience.

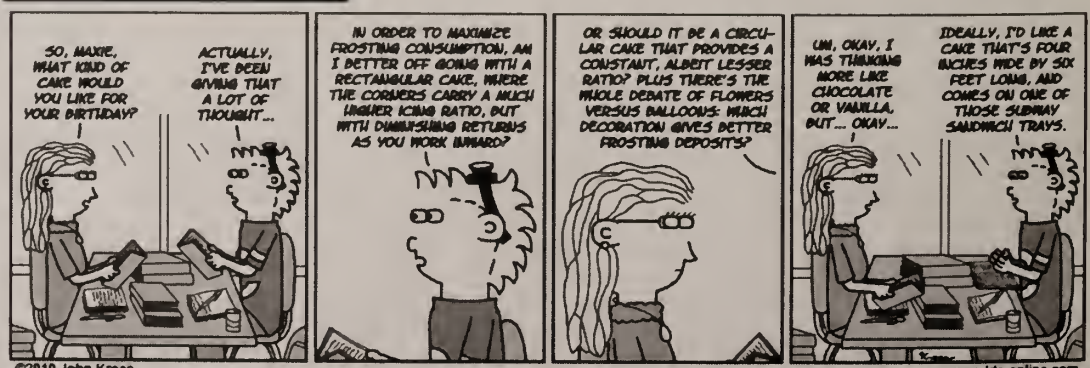
Plain and simple, if you love multiplayer games, this is a game for you. It's not Call of Duty, but that's not really a bad thing. It offers something similar but different in the first-person shooter genre.

If you're tired of Call of Duty, try this one out, you may find a replacement. The single-player may last you for only five hours, but the multiplayer will keep on going for as long as you're having fun, which may very well be for many years to come.

I give it 5 out of 5.



LAST-DITCH EFFORT



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Students fulfill dreams overseas

By JAZLYN SLACK

There's a place where dreams really do come true, you just have to find it.

For two Conestoga BScN students, an international exchange this summer at the Aga Khan University Hospital in Nairobi, Kenya was their dream come true.

Even though Donalee Bearinger and Gris Rivera had to share a small bedroom for three months, they managed to find a way to make it the experience of a lifetime.

At a Lunch and Learn session on Oct. 28 at Conestoga College, Bearinger and Rivera shared their recent experience.

The two students told those in attendance that they didn't have accommodations prior to going to Kenya. They were trying to arrange them, but it was difficult to find a good place. They ended up staying in a bed and breakfast for about a week before they found a family to live with, right across the street from the hospital.

"We tried connecting and networking with people at the hospital to see if there was somehow a way to find a place where we could safely commute and feel safe in general," said Rivera.

"

They have so little, but they're willing to give so much.

— Donalee Bearinger

"

"The experience was baffling," she said.

Rivera spent her three-month term working in the maternity ward while Bearinger spent hers in the pediatric ward.

As one of the two largest hospitals in Africa, it is recognized as a teaching hospital for nurses and medical interns in East Africa. The hospital hosts several wards including surgical, medical, ICU, maternity and pediatric and also has a heart and cancer centre and seven outreach clinics in Kenya.

Bearinger and Rivera spent their time helping the "richer population," but also spent time working for a medical camp, run by the hospital, where they helped those who don't have the money to go to a hospital.

"It felt really good to be a part of that," said Rivera. She described how the once-a-year camp helped 1,700 people from 9 a.m. to 3 p.m. The patients would have their height, weight, blood sugar level and temperature recorded before



being directed to a "specialist."

"These camps are the one chance that a lot of people get to see a doctor," said Rivera. "When we got to the gate of the camp, the lineup was just insane. A huge line of people were waiting for us to open up and set up."

"I picked up a baby because the mother was being treated, and I put my hand behind the bum and the diaper was soaked. They were waiting all day," said Bearinger.

"But it was nice for them to get the treatment that they really need," said Rivera.

Bearinger said it's like "a whole other world," adding you can't compare health care in Canada to health care in Africa.

"They have so little, but they're willing to give so much," said Bearinger. She described how people in the slums offered them food as they walked by.

There is lots of garbage everywhere and no sewage system.

Bearinger said they were walking through a huge water puddle, "not even a water puddle it was so big," and the people were telling them that "there's not just water in there."

"It's interesting because people live here 24/7. They don't have toilets. They have public toilets but you have to pay for them. Obviously they're going to choose food and water over paying for a toilet," she said. "You walk into their home and they have all of this food, and they're like 'here eat more, eat more!'"

"I realized that as a nurse, it's important to know and do, but it's more important to be willing to step out of your comfort zone," said Bearinger. "As nurses you learn, but you

don't understand until you see it for yourself," said Rivera.

The international exchange program is held in association with McMaster University, which Conestoga is affiliated with, and Mohawk College.

Bearinger and Rivera were two of the lucky people who got to participate in the program. It first started in 2004-05 and sends between one and eight students to Africa or Asia.

"I think the biggest challenge was the language," said Rivera. The girls had to teach patients how to take better care of themselves so they wouldn't contract diseases. Because of the language, they had to incorporate a lot of hand gestures and actions to get their lessons across.

"It was all very disorganized but everything always turned out OK," said Bearinger.

They said the Nairobi community and hospital had a very "hakuna matata" (no worries) attitude toward everything.

While away the two students had to worry about keeping up with their studies. Homework had to be done after work, leaving little time for anything else.

According to the McMaster website, they have been doing placements since 1984. They have sent over 150 students to more than 25 countries worldwide and to six Canadian provinces and three territories.

Their mission is "to provide the highest quality educational experience in an international or intercultural setting for McMaster, Mohawk and Conestoga BScN program students."

For Rivera and Bearinger, this opportunity was a dream come true. They got to go to a foreign land, help those in need and change lives.



Two Conestoga BScN students did an international exchange this summer at the Aga Khan University Hospital in Nairobi, Kenya.

PHOTOS SUBMITTED



PHOTO BY JAZLYN SLACK

Students Donalee Bearinger, left, and Gris Rivera gave a presentation on working in Kenya on Oct. 28.

Jobs hard to come by

By VANDA DOBRITOIU

For those of you hoping to get a job shortly after graduation, don't get your hopes up just yet.

Studies show that since 2008, people 50 years of age are deciding to work 16 more years, which is 3.5 years longer than workers in the mid-1990. The financial crisis in 2008 encouraged older people close to retirement to keep their jobs for as long as possible. This is an impediment for young adults graduating college and university because there will be fewer jobs available.

After being in her field of work for 35 years, Adina Lebo has no plans of retiring.

"I have accumulated all kinds of skills from communications to event planning to strategy and organizational startups, so I'm continuing to do that. I see doing that for the foreseeable future just because I don't know what I would do if I retired," Lebo, 61, said in an Oct. 26 article in the Waterloo Region Record.

Although pension plans are often generous, adults closer to retirement are afraid of becoming obsolete. While they once used to be employee of the month, every month, now they find themselves at home in front of the television seven days a week.

It is unnerving and they feel out of place, especially when their children, family and friends are busy at work every day.

Statistics Canada researcher Diane Galarneau said she doesn't have any information on why people remain at work.

In a report she wrote with Yves Carriere, she mentioned that "several factors are at play, such as individuals are living longer and in good health and there are greater opportunities for boomers since the cohort following them into the labour market is smaller."

People working longer is, of course, a roadblock for students fresh out of school. With older people on the job, there is no room for the younger generation which is coming out of an expensive education with a great deal of debt strapped to their backs.

In 2009, all provinces, except New Brunswick, got rid of laws that allowed employers to get rid of workers once they turned 65.

Perhaps the provinces should introduce new legislation that brings back mandatory retirement, say at age 70, for professions that have lots of qualified candidates but few jobs.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

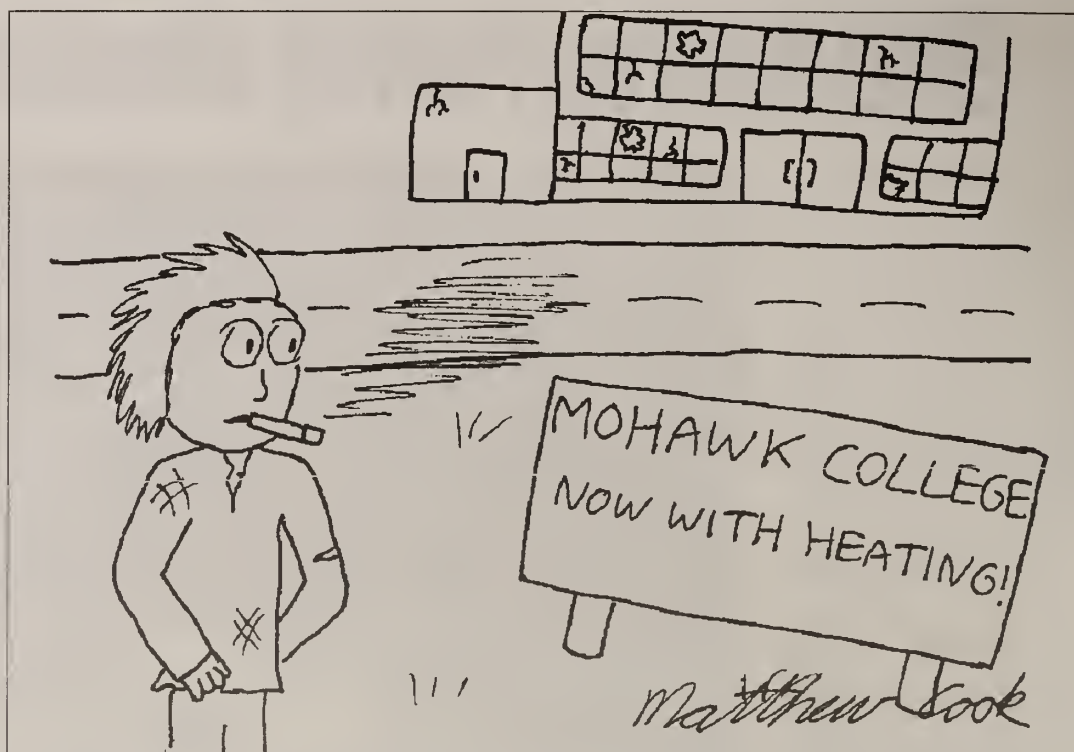
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No unsigned letters will be published.



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The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Following Newfoundland's decision to give students caught cheating on exams a second chance, Conestoga College announced that students caught cheating here would be sent to Mohawk College for the remainder of their program.

Sex education programs should include GLBTQ

Every year in Canada 300 kids commit suicide.

Many of them are severely bullied for being gay.

Rick Mercer, an openly gay Canadian comedian, recently featured this issue in one of his "rants" on his CBC television program, The Rick Mercer Report.

"It's no longer good enough for us to tell kids who are different that it's gonna get better. We have to make it better now," Mercer said on his show.

On Oct. 25, a 12-minute video premiered in Toronto called, It Gets Better. The video features five gay women in Toronto with inspiring messages of hope directed toward gay, lesbian, bisexual, transgender or questioning teens.

But, as Mercer said, are messages like this enough? Ontario Premier Dalton McGuinty doesn't seem to think so.

The McGuinty government is proposing changes to their sexual education program.

Changes that include



Alexandria Deer
Opinion

teaching kids as young as six years old about homosexuality and cross-dressing.

The idea behind the proposed sex ed program is that if kids are educated about homosexuality at a younger age they will be more accepting of it and this will hopefully minimize the number of kids who are bullied for being gay.

The first problem with this program is teachers are already finding it difficult to teach their students everything that is in the curriculum, let alone inform them about a subject matter that is a parent's responsibility.

The second problem is that some parents and religious groups greatly oppose this

program.

With people who are still this close-minded in the world, are McGuinty's efforts in vain?

If some kids are still being influenced by their parents to believe that homosexuality is wrong, the vicious cycle will continue. Kids will continue to take their own lives because they are bullied for being themselves.

Emma Teitel, an openly gay opinion writer for MacLean's magazine, said it best in an article. Sexual orientation isn't a lifestyle: it's a life sentence.

GLBTQ

Stands for:

Gay
Lesbian
Bisexual
Transgender
Questioning

For more information go to www.glbtc.com

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PHOTO BY BRADLEY ZORGDRAGER

Andrea Collett (top) picks up her children Tyler-Rose (left) and Nathan from the After Three program at the Langs Youth and Teen Centre in Cambridge Oct. 29.

Getting a helping hand

By BRADLEY ZORGDRAGER

Andrea Collett has all the stresses of a college student. As a second-year student in Conestoga College's recreation and leisure services program, she has six major assignments due over the course of 10 days. She has to balance that with all the volunteer work she does in her free time. Oh, she's also a single mother.

How does she do it? Is she Wonder Woman?

Maybe, but she also gets a lot of help from the Langs Farm Village Association in Cambridge.

"I fell into a really good category – a single parent, full-time student. That put me in a really good place for support. It really sucked at the beginning, but now it's good," Collett said.

Collett's two children, 10-year-old Tyler-Rose and six-year-old Nathan, attend the After Three program at the Langs Youth and Teen Centre, which allows the mother more freedom in her schedule until pick-up time at 5:30 p.m.

Participating students are picked up from school by workers and taken to the Youth and Teen Centre, where they can get help with their homework, have a snack, make crafts, play outside, among other activities. They even go on field trips a couple of times each year to places such as an apple orchard.

An average daycare costs enough as is and only really offers supervision and a place to play, but with all these added benefits how can a single mother afford it?

According to Collett, it only costs \$5 a week, per child. The remainder of the cost is

subsidized by the City of Cambridge, United Way and RBC. Collett said that even the \$5 is often covered for her.

"I wouldn't have been able to afford daycare. I mean, I could have probably gone on social assistance, but I was really adamant about trying to figure out how to do it without it."

And she's been able to get help even on days when there is no school for her children. Langs offers affordable daycare on professional development days, as well as a March break camp.

Bill Davidson, executive director of Langs, estimates that the Youth and Teen Centre helps 1,000 different youth each year through their various programs. In addition to After Three, they offer evening drop-in programs, pre-school breakfasts, open gym time and more.

Collett emphasized that Langs offers much more than just the Youth and Teen Centre. Last year they offered 103 programs and services.

"They're one of the top community centres ... It has a really family feel to it. The staff are amazing. The volunteers are amazing," said Collett.

And since she began using Langs' services, Collett has started helping choose those staff. She helps the Youth and Teen Centre with their interviews by offering a parent's perspective on potential employees.

Ultimately, this leads to more confidence for parents and happier kids, which is something she relishes.

"It's nice when I go to pick them up and my youngest is upset because he has to leave, so you know they're happy there."

New committee committed to sustainable Conestoga

Meetings will be held every two weeks to discuss new policies

By ELISSA DEN HOED

What does Gumby have in common with the Environmental Action Committee? They're both green! The EAC is looking for members who are passionate about creating a sustainable Conestoga. Meetings will be held every two weeks and will feature a variety of guest speakers, each of whom is an expert in some area of sustainability.

Their goal is to create new policies and initiatives, and also be the ones to implement the changes. Anyone can join: students, faculty, neighbours. Membership is free and members are welcomed and encouraged to contribute ideas as to how Conestoga can be made "greener."

Returning students might remember them as the Green Committee. President Zoey Ross said the old name was too "trendy" and less mature-sounding. "Green is symbolic

of grass and trees and earth but sustainable and environmental initiatives are about more than that," said Ross, who is also CSI's director of sustainability. They just got a new logo, designed by CSI's in-house graphic designer Kelsi Wilson, to go with their new focus.

It held its first official meeting on Oct. 13, featuring guest speaker Alan Griffiths, sustainable initiatives coordinator at Mohawk College, as well as some talk about what the committee hopes to see happen this year. Some projects that EAC is excited to see come to fruition are a community garden at the Cambridge campus, solar panels on the roof of the Doon campus and a large industrial composter to be used to break down organic waste generated on campus. They are also looking forward to holding a waste audit in the Atrium. The first official EAC activity was a contest open to anyone found using a reusable mug

or water bottle during the nation-wide Waste Reduction Week. A total of 354 people participated in the contest, which had three grand prize winners. Ross estimates that the contest made an "impression" on over 1,000 people at Conestoga's four campuses.

The committee encourages new members to help make an impact on the environment in their own college community in an exciting, hands-on way. To join, go to conestogastudents.com, register, look under the Clubs tab for the Environmental Action Committee, and click on Join.

The next EAC meeting is scheduled for Nov. 7 at 6 p.m. in Room 2A111. It will feature guest speaker Court Desault, general manager of Kitchener's Borealis restaurant, and, according to Ross, expert in local food.

Zoey Ross can be reached by visiting his CSI office in Room 2A106; by calling 519-748-5131, ext. 33, or by email at dross@conestogac.on.ca.

COUNSELLOR'S CORNER: *Suicide*



When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- **Talk of** – escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide;
- **Feelings of** – desperation, hopelessness, disconnection from family and friends;
- **Situation** – relationship problems, work problems, school/failing grades, trouble with the law, family breakdown, sexual/physical abuse;
- **Physical Changes** – lack of interest/pleasure in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite;
- **Behaviours** – alcohol/drug abuse, fighting, lawbreaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a cautious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in **Counselling Services**.

In case of an emergency after hours, please contact the **Mobile Crisis Team @ 1-866-366-4566 (toll free).**



PHOTOS BY RACHEL HENRY

Chef Jody O'Malley (centre) takes a look at the recipe with two Soup Sisters volunteers. The women spent the evening cooking for charity. Right, volunteers get down to business chopping vegetables for one of five soups at The Culinary Kitchen in Waterloo.



Soup Sisters serve up hope to hungry K-W youth

By RACHEL HENRY

"Good evening, ladies," chef Jody O'Malley calls out, ringing a bell.

A hush spreads across the spacious room that is filled with more than two dozen women, each with a wine glass in hand. They are present at the Culinary Studio in Waterloo to cook up something wonderful, and have a great time in the process.

Soup Sisters is a non-profit organization that has spread across Canada since its creation in Calgary in 2009. The organization takes a "night out" feel and combines it with a charitable outcome and a strong message: "Warming hearts ... One bowl at a time."

Volunteers can sign up and get together for an evening of fantastic food, wine and

camaraderie all while making over 75 litres of five different kinds of soup that is donated to charities.

"It appeals to people," Soup Sisters volunteer Norma Weiner said. "It's a nice way to spend time with people, whether it's a celebration like a birthday or a team-building experience."

The women are provided with a brief knife skills lesson, which includes safety and efficiency tips. They are then assigned to cooking stations prepared with everything they'll need, including aprons, vegetables, seasonings and knives.

The next day the soup is transported to Marillac Place and ROOF, two non-profit organizations that serve Waterloo Region, providing support for young women and

youth-at-risk. The donated soup feeds 200 to 250 people.

"I can't tell you what a relief it is to say yes to the voice on the other end of the phone," Angela Murdoch, a representative of Marillac Place, said of the organization and the support it has garnered from Soup Sisters.

Marillac Place provides a safe haven for women ages 16 to 25 who are pregnant or have children in their care. While staying at Marillac the women are required to continue their education, budget their money to include rent and personal needs, as well as practise other necessary life skills.

ROOF, which stands for Reaching Our Outdoor Friends, aims to help youth make positive choices and end the cycle of homelessness

through development of life skills. They provide four fundamentals for homeless youth and youth-at-risk: outreach, drop-in, essential services and shelter.

With so many youth entering the facilities, there is a constant flow of hungry mouths to feed.

ROOF representative Trish Harris-Tousignant said, "One of the most (important) things we do is feed youth."

That's where Soup Sisters comes in.

"The programs instil life skills, but they need our support," Waterloo Mayor Brenda Halloran said. "It's a way to take those young (people) under our wing."

Support is certainly not something Soup Sisters is lacking. Since the launch fundraiser last month, it

seems everyone wants to get involved.

"Our biggest problem is telling people we're booked into January 2013. We do have a waiting list," Weiner said.

Though the waiting list may seem long, it is well worth the wait.

First-time Soup Sisters volunteer Maggie Williamson waited months to get involved.

"It's really great," she said while chopping vegetables for a steaming broth. She added it's a great opportunity to enhance the sense of community.

Events are held once a month and usually involve about 20 participants, with both men and women welcome. For more information, visit soupsisters.org.

Conestoga College has international flair

By JAKE DAVIDSON

Students from all over the world come to Conestoga College to study.

"The students who come to learn at the college choose to do so here because the school has an excellent reputation," said Brianne Kostal, international student services officer at Conestoga.

As of September 2011, there were approximately 460 international students at the college with 35 per cent of them coming from India, 29 per cent from China, six per cent from Nigeria, five per cent from South Korea, four per cent from Russia and the remain-

der from other countries.

No one program is the most popular but applied health, human resource management, various engineering programs, computer applications and English language studies are the most commonly selected.

International students are required to meet the same standards as any Canadian student when entering the college, though they must also demonstrate a certain level of English language knowledge. I.E.L.T.S., (International English Language Testing System) awards three lucky students at Conestoga with \$3,000 if

they're applying for a full-time program. To get the money they must meet a certain level of English skill by taking a test.

Most students who go onto secondary programs have a high level of English knowledge. But for those who don't there is an English studies program in place to help. Translators are also offered for assistance with banking and other day-to-day activities.

According to Kostal many students find work in Canada and obtain an open work permit.

The college applications come in multiple languages in

case a student has trouble with English. Students can arrange to stay with a Canadian family close to the school and the office helps with off-campus housing. The family that is picked is chosen based on where the student wants to live combined with the lifestyle of both parties. The families are all listed in a database.

Once a suitable match is found the parties involved exchange information and are advised to get in touch with each other so they can learn more about the other.

According to Tricia Gooding, international support services officer at the college, the

number of international students living in residence or staying with local families is evenly split. Those who stay with families may choose to do so because of the cost of living in residence, or the safety they may feel from being with a family.

The International Students Office provides monthly activities for the students to get together as a group to help them meet other people. They also assist the students if they need a co-op work permit or need to change programs.

The international students office wants everyone to be successful and to get the help they need.



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No Sanctuary From



Conestoga Students Inc. held their annual Halloween Bash Oct. 27 in the Sanctuary. Some students went all out on their costumes.



Greg Bartlett, a second-year business administration accounting student, dressed as a wolf.



Jessica Freeman, second-year broadcast television, and Lindsay Bailey, third-year business, went with 'less is more' costumes.



Necol Proulx, a second-year biology technician student, came as Little Red Riding Hood.

**PHOTOS BY
VANDA DOBRITOIU**



Rebecca Saba, CSI promotions and bartender, was dressed as a belly dancer.

the night of fright



Party Rock came to Conestoga! Meet Erik Westerveld, John Logo and Brady Borrmann, all second-year robotics and automation students.



Keila MacPherson, Jessica Redker and Liz Langlois, all first-year journalism print students, enjoyed the night on the town.



Second-year robotics and automation students, Kelly Hornblower and Sylvia Mieske, had wicked costumes at the Halloween Bash.

Expo has all the right tools

By ALEXANDRIA DEER

Are you trying to finish that ongoing project, but don't have the right tools or the know-how to get the job done?

On Nov. 16, the fourth annual Tool and Trades Expo will be held at the Roofing Centre at Conestoga's Waterloo campus from 11 a.m. to 3:30 p.m.

The expo is an interactive event open to all Conestoga students and faculty.

"This event has been very successful in the past as it allows students to network with professionals in the industry as well as it provides a hands-on and fun experi-

ence for those who attend," said Ashleigh Carson, a post-grad event management student who is helping to organize the event. "The displays are mostly interactive. Vendors bring in tools and equipment to be viewed and tested by students. Some of the vendors do demonstrations throughout the show."

Four of the 21 vendors this year are Milwaukee, DeWalt, Stanley/Proto and Ridgid Tools.

The event is free but donations of canned or dried food for the food drive is welcomed. Door prizes will be available as well as competition prizes throughout the day.

Eggs, bacon and awards

Local employers honoured at breakfast

By NICOLE JOBES

The breakfast featured bacon and eggs with a side of hard work and genuine passion.

Literally a "breakfast of champions," the sixth annual Employer Recognition Breakfast was held on Oct. 25 by the Employment Facilitation Network of Cambridge and North Dumfries.

At some point in your career, you'll more than likely have a boss you don't like; the bosses at this event were the ones you wish you had. The recognition breakfast celebrates local employers who go above and beyond by helping people in their community. This includes helping people obtain work experiences, and providing training and employment opportunities.

The early morning ceremony was co-ordinated by a team of executives from different organizations, under the Employment Facilitation Network. Charlie Matjanec, an employment adviser at Conestoga College, was a member of the planning committee.

"The event itself is really a way of saying thank you to those employers for the work that they've done with us," said Matjanec. "The message we try to capture is 'you've done a wonderful job, come on in, we'd like to honour you through this reception.'"

The event's master of ceremonies was Greg Durocher, president and CEO of the Cambridge Chamber of Commerce. Among the dignitaries was Ken Seiling, Waterloo Region's regional chair. According to Matjanec, Seiling has been a part of the event for the entire six years they've been serving coffee and celebrating the efforts of local employers.

Not all was business as usual, as keynote speaker, Neil Aitchison, took the podium. A former Conestoga College graduate, Aitchison is a well-known broadcast executive and radio personality.

Despite the foggy day, Aitchison lightened the mood with his colourful humour. He spoke of people in a hurry to retire, and the importance of employers like the ones recognized in the community, while adding his two cents and a few jokes.

"It's an initiative we should all



PHOTO BY NICOLE JOBES

Neil Aitchison, a Conestoga College graduate, wakes the audience up with his jokes and humorous stories at the early morning Employer Recognition Breakfast.

keep in mind ... because we're a long time dead," Aitchison said about the employers being recognized. "We should live every day as it's our last, and one of these days you'll be right."

Aitchison said he had to quote Aristotle, as he jokingly noted that every public speaker must quote a Greek poet. "We are what we repeatedly do; excellence is not an act, but a habit."

Even the awards themselves were a celebration of local artistry. Ron Keachie, an artist born and raised in Cambridge, employs computers, cameras and wood-working to create his art. For the recognition breakfast he produced photos of the communities of Cambridge: Galt, Hespeler, and Preston. Utilizing his woodworking skills, Keachie then handcrafted each frame to complete his

vision. The results were a one-of-a-kind piece that were given to every employer recognized.

Established in 2004, the recognition breakfast is planned by the Employment Facilitation Network of Cambridge and North Dumfries. The EFN is a local network of employment and training agencies that work together to assist in reducing the barriers to employment and training services for locals. The members of the network seek to increase awareness or employment and training services and to facilitate communication between the network and other employment groups or agencies.

As Aitchison ended his speech he gave those in attendance one more piece of advice: "For every mile of road there's two miles of ditch, stay out of them."

Canada Career Week Continues...

Don't wait until you graduate – start thinking about your career today with these great workshops during Canada Career Week

Resume and Cover Letter Workshops

November 7: 1 – 2:30pm, Room 1D05 (Doon)

November 9: 1 – 2:30pm, Room 3E25 (Doon)

Registration is required via MyCareer.

Job Search and Interview Workshops

November 7: 3 – 4:30pm, Room 1D05 (Doon)

November 9: 3 – 4:30pm, Room 3E25 (Doon)

Registration is required via MyCareer.

Rapid Resume Review Clinic

November 14, 15, 16: 11am – 1pm, SL Atrium (Doon)

November 22: 9am – 1pm, Cafeteria (Waterloo)

Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents.

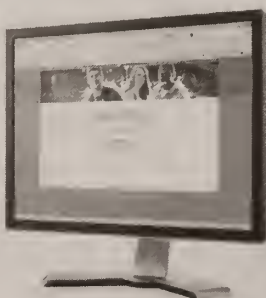
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(From the Student Portal, click on the "Services" tab)



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Week of Nov. 7, 2011



Aries

March 21 - April 19

The only failure in life is staying down when you get knocked down; get back up this week.



Libra

September 23 - October 22

It's tempting to run away from all your problems, don't; the longer you leave something the more pain it will cause later; confront them now.



Taurus

April 20 - May 20

If someone with blue eyes comes into your life this week try not to fall into your habits of falling head over heels, you can't hurry love, doing so will only cause pain.



Scorpio

October 23 - November 21

Being lazy is never a positive quality, if you didn't already know that then you'll soon find out in a way that will make you remember.



Gemini

May 21 - June 21

When someone gives you every reason to hate them, don't; these people have unusual ways of showing their emotions and generally need to be loved the most.



Sagittarius

November 22 - December 21

You always end up hurting the one you love; it only hurts so much because they love you the most of all. Remember that this week.



Cancer

June 22 - July 22

If you can't love yourself this week, how can anyone love you?



Capricorn

December 22 - January 19

Burning bridges may finally come back to haunt you this week, accept what you've done and try to learn from it.



Leo

July 23 - August 22

Take the time to think before you make a big decision this week; its consequences could have long lasting positive or negative effects on you.



Aquarius

January 20 - February 18

Be the best you can be this week, after all, there's only one person truly like you.



Virgo

August 23 - September 22

Some friends come and go, but there are a precious few who you should try and hold on to; try and find out who those are this week.



Pisces

February 19 - March 20

Make the most out of every situation, you're the only one who can control your own happiness.



James Witczak is the resident astrologist who gazed into the abyss and saw it gazing back at him, causing the universe to unfold before him.

Are you SAD? It might be seasonal affective disorder

Conestoga's counselling and health services can help you fight the winter blues

BY JEFF BOMBEN

With winter right around the corner, faculty, staff and students at Conestoga College are preparing for the season change but for some adjusting is a real challenge.

Some students struggle during this time of year, eventually becoming depressed. However, Conestoga College is here to help.

Seasonal Affective Disorder (SAD) is a condition that has been around for 150 years.

SAD is caused by the lack of sunlight and shorter days. It's a disorder that over two per cent of all population in Ontario struggles with.

People over 20 years of age are most susceptible to this disorder. However, as people grow older the number of people affected decreases.

According to the Canadian Mental Health Association (CMHA), SAD is more likely to affect women.

The disorder effects the most people during January

and February.

Conestoga has teamed up with both Counselling Services and Health Services to give students every opportunity to fight the winter blues.

The counselling offices are located in Room 1A101 in the lower atrium of the Doon campus. Students are encouraged to ask questions and set up meetings with counsellors.

Health Services is located across the hall in Room 1A102. Students can book appointments, free of charge, to receive advice and more information from health-care professionals.

Jamie Reiner, a first-year recreation and leisure services student, is noticing a mood swing in some people already.

"I definitely notice change in people's moods when the winter rolls around because the day seems shorter and everyone gets tired and boring; winter only seems good for outdoor rinks in Canada,"

Reiner said.

According to CHMA, symptoms of SAD include low energy, changes in mood, increased sleep and larger appetite with possible weight gain. Some students will also experience lack of concentration during classes.

To fight the winter blues, get outside as much as possible. Being active improves your mood and builds self-esteem. Weight gain can also be eliminated by staying active.

CMHA recommends helping someone struggling with SAD by offering your support. Inspire your friend and help him understand that SAD is just a phase.

Try doing simple things for the person such as grabbing food at the grocery store or even picking up dry-cleaning. Let that person know that you're there for him.

For more information on SAD, go to www.cmha.ca/bins/content_page.asp?3-86-93

FALLING INTO WINTER



PHOTO BY JEFF BOMBEN

Conestoga College's Doon campus is littered with leaves (shot with a fisheye lens) but no one minds because it brings a splash of colour to the season. This week will be mostly sunny.



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Point-counterpoint

The Rum Diary receives mixed reviews



Movie gives new breath to an era



By KENNETH BELLIVEAU

Paul Kemp is an American journalist who is struggling to find his voice. When he takes a job in beautiful sunny Puerto Rico he hopes that his life will turn around. He finds himself drinking heavily, writing horoscopes and trying to build himself a life. It all turns around when he meets Hal Sanderson and his beautiful girlfriend Chenault with whom he feels an instant connection. Kemp struggles to maintain his professional and social life, all the while trying to find his own voice.

The Rum Diary is a well-written, well-balanced movie based on the novel by Hunter S. Thompson. Thompson applied for a job at the real San Juan Star, just like the one portrayed in the film. He made friends with the writers on staff and then wrote the novel based around them. This provided good source material for a film that deals a lot with substance abuse. Kemp is an alcoholic who is in denial, and finds himself

dealing with the struggles of maintaining a normal life. The '60s atmosphere is captured; the unabashed lifestyle is well defined by the public drinking and the ability to light up a cigarette anywhere anyone chooses. The lifestyle came alive through the eccentricity of the characters.

Lead by the talented Johnny Depp, the cast does a marvellous job of giving breath to an era that has been overdone in films. Amber Heard is very sensual in her portrayal of Chenault, a natural beauty who catches the eye of every man as she enters the bar. This includes the charismatic Kemp, but their relationship is forbidden as she is dating Sanderson. A tension builds between Kemp and Chenault, an undeniable connection was immediately established and it builds throughout the film.

The cast may have been the central factor in driving the feel of the era, but another big factor played an important role. Many of the works of fiction directly mirror the career of Thompson. Of course the trouble and the absurdities Paul and his friends find

themselves a part of may have been a bit over dramatized or over exaggerated, but the material and the realism was already there.

With the sun-soaked atmosphere of Puerto Rico at the ready, The Rum Diary takes a step beyond just being a dramatic story. There are scenes of crude behaviour and excessive drug and alcohol use. However, it is mild in comparison to Fear and Loathing in Las Vegas, but director Bruce Robinson still has the willingness to show it.

The movie is broken down into three acts: The introduction, Paul Kemp is first introduced to the island. The second act, where he rises among the ranks of local well-known men. And the third act, when his lifestyle and choices have real world consequences and he is forced to decide what is next.

The Rum Diary is well done, with all essentials present. Depp has successfully portrayed another work of Thompson with ease and efficiency.

But use discretion when deciding whether to go, The drug use is excessive.

The Rum Diary doesn't live up to expectations



By DEVON SMITH

It was the night of the premiere. We were running late and I was sure we'd be stuck in the neck-breaking front row of the theatre, if we got seats at all.

The movie we were rushing to see is called The Rum Diary.

Based on a book of the same name by Hunter S. Thompson, The Rum Diary tells the story of a journalist who travels to Puerto Rico to work at a failing newspaper. Thompson based this story on his own experience in Puerto Rico but used an alias to protect himself.

This is the second book by

Thompson that has made it to the big screen. The first was Fear and Loathing in Las Vegas, released in 1998.

Fear and Loathing was a hit with Thompson fans and became an instant cult classic. Johnny Depp played the role of Thompson, or rather, his aliases, in Fear and Loathing as well as The Rum Diary.

Depp and Thompson had known each for some time before Fear and Loathing was made and, before filming, Depp did extensive research into the role. He spent months shadowing Thompson and getting to know him better. The two became very close during this time and maintained their friendship until Thompson's death in 2005.

Now, when a book is made

into a movie, it's to be expected that some of the story will have to change. Details may be omitted and things may be added to make the story more Hollywood-friendly.

I kept this in mind when I watched The Rum Diary but I can now say that some books, this being one of them, should be confined to the pages on which they were printed. They shouldn't be allowed to traipse onto the big screen only to bore people and sully the name of a literary icon and his work.

I had hoped that, with the social status and film repertoire that he has, Depp would have been able to influence the film in a way that would avoid such a catastrophe. I'm honestly surprised that he stood by and allowed the release of this

insulting parody.

Considering that the story was tailored to fit the big screen, it still felt an awful lot like watching a book. Slow paced movies aren't for everybody, but I'll gladly watch one if there's a clear direction. In this case, I would've been satisfied with an attempt at staying true to the original storyline. But alas, that would be asking too much.

The story was cut past the point of acceptable omission. Missing key parts at the beginning, at the end and throughout, the story wandered aimlessly.

Depp did stay true to the role though, he played a good Thompson. But it wasn't enough. I doubt the movie would have been much more watchable if Thompson him-

self had risen from the ashes and acted in it.

When I finally did arrive at the theatre on opening night, I was surprised to find many open seats. In fact, more than three-quarters of the place was empty. This turned out to be the only good news of the night, as I can only hope this movie is a flop and fades away into obscurity so that as few people as possible get tricked into believing that this is who Thompson was.

My advice to anyone who had considered going to see this movie: stay home. Better yet, go to Chapters, where, for less than the price of a movie ticket and a bucket of popcorn, you can pick yourself up an unadulterated copy of a fine book called The Rum Diary.

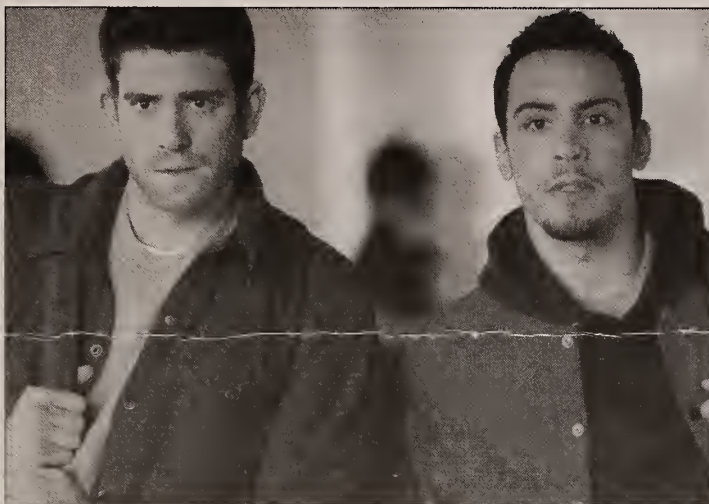
Experience New York through TV show

By ANDREW SOULSBY

Using New York City as the backdrop to a television show isn't new. However, HBO's *How to Make It in America* does away with the traditional and takes a fresh approach to the comedy-drama genre.

The show's second season premiered Oct. 2 and kicked off with Ben and Cam – actors Bryan Greenberg and Victor Rasuk – in Japan after successfully selling the first T-shirt for their up and coming apparel line called Crisp.

Created by New York native, Ian Edelman, the show continues to maintain the same level of realism it developed last season by shooting at diverse and unique New York locations.



Ben and Cam - the stars of *How to Make It in America* - arrive back in the States after their trip to Japan.

The show provides the viewer with a sense of having been to New York due to its ability to

present the glamorous side of the Big Apple while contrasting it with the gritty.

Unlike HBO's other 30-minute series, *Entourage* (which aired its last episode earlier this year), the protagonists are not rich and famous, but merely everyday guys trying to make their dreams a reality, something we can all relate to.

Despite the fact that the actors and actresses could double as models and that they wear tailor-made clothing designed by New York's top fashion designers, the dialogue between characters is fresh and realistic while not trying too hard to be cool.

Set against a backdrop of locales unique to America's cultural epicentre, the show is driven by a soundtrack of well-known artists and those that are still trying to make it big.

The reoccurring theme of contrast between those who have made it and those who haven't is present during every episode. The show's locations and characters are constantly being contrasted with one another, from the Wall Street banker to the reformed gangster, to the haves and the have-nots. The show's greatest appeal comes from the fact that we can all relate to the characters in the show in one way or another. Further, one can't help but compare the show to its older sibling, *Entourage*, with its West Coast relaxed demeanour to that of the East Coast's upbeat, high energy aggressiveness.

How to Make It airs every Sunday at 10:30 p.m.

Captain America is an improvement

By BEN STODDARD

What? They made another Captain America movie? Shouldn't Marvel have learned its lesson by now?

Captain America: The First Avenger actually isn't the first Captain America movie. If you include the 1944 series as one, than it is the fifth live-action movie about Marvel's top tactical genius.

There were two TV movies in 1979 starring Reb Brown in the title role. The first movie had exactly one fight scene in the entire movie and featured plenty of driving scenes and general pointlessness.

The second TV movie was still boring, but Christopher Lee as the main villain helped.

The third movie was released in theatres in 1990 and starred Matt Slinger, but was critically panned for its lack of a plot and its disturbing opening scene. It also portrayed the captain as a klutz who often stole the cars of people who were trying to help him.

Does this new entry fare any better? Yes, significantly so.

Captain America: The First Avenger mostly takes place during the Second World War. It stars Chris Evans as Captain America (Steve Rogers), Tommy Lee Jones as Colonel Chester Phillips and Hugo Weaving as Red Skull. Evans isn't perfect for the title role and is slightly monotone at times, but he does a fine job of carrying the movie. Jones is great as the Colonel; he's funny yet serious at the same time. Weaving is perfect as Red Skull, acting over-the-top yet he's still believable as a charismatic villain.

The rest of the supporting cast is strong and helps show



the different sides of the captain's leadership. Bucky in particular starts the movie looking out for Rogers and ends up as more of a sidekick after Rogers becomes the captain. This role reversal is one of the more interesting aspects of the movie.

Rogers himself starts the movie as a scrawny little asthmatic who is determined to join the army and fight the war. He tries to sign up multiple times, often lying about his address, and eventually joins a special team that will be enhanced by a superhero serum. The serum ends up giving him superhuman strength, speed and endurance, and increases his metabolism significantly. The serum itself is destroyed and the lead scientist is assassinated. Rogers eventually starts a special team to take on a fictional terrorist group called Hydra, lead by Red Skull.

For the most part, this movie is very entertaining. The first act is flooded with comedy and drama, introducing us to who Captain America is and why he deserves to be a superhero. The second act shows him become a superhero, and the third act is full of action. The climactic battle is intense and satisfying; usually Marvel movies feel anti-climactic. The final scene where the captain

wakes up in modern New York, having being frozen for 70 years, is short, sweet and doesn't feel out of place. The movie's strongest point is that it actually feels like a classic comic book, while most superhero movies are either too dark or melodramatic. It's not meant to be deep, it's meant to be fun. However, the movie isn't without its flaws.

While the movie does a good job at setting up its characters, it takes too long for Captain America to start doing superhero work. He doesn't take on Hydra until about halfway through the movie. The action montage between the prison break and the final battle feels a bit rushed and out of place. The way that Red Skull is defeated is, for lack of better words, weird. These flaws are noticeable, but are forgivable in the grand scheme.

While not the greatest comic book movie of the year, *Captain America* is one of the better Marvel movies so far, and it's much better than its predecessors.

The special features included in the blu-ray (unfortunately not in the DVD version) offer great insights on the movie's costume design, how they made Chris Evans look small in the first act of the movie, and other aspects of the movie's creation. Also included are deleted scenes, a hilarious short about Agent Coulson from *Iron Man 2* and *Thor*, and a digital copy of the movie.

It's a strong superhero movie with minor flaws that just hold it back from being the best Marvel movie to date. If the idea of a superhero movie taking place during the Second World War 2 interests you, check it out.

I give it 4 out of 5 stars



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Top comedies have last laugh

By ERIC MCKENZIE

Student life in autumn can get as mixed up as the yellow, orange and red leaves that fall. Between assignments, presentations, work placements and jobs there doesn't seem to be much time left for recreational activities such as watching TV.

With an overwhelming fall schedule jam-packed full of new and returning comedies and dramas, some students will find it impossible to keep up with their schoolwork and catch their favourite shows every week.

For young adults with little time to spare but who enjoy a good laugh, here's a Top 10 guide to comedy shows on TV this fall.

10. **2 Broke Girls** (CBS) airs Mondays at 8:30 p.m.

In this new show, young college-goers will identify with Max and Caroline's financial woes, as they attempt to make a name for themselves and up their status in society.

Much of the comedy is based on being strapped for cash, Caroline's realization of the value of a hard-earned dollar and Max's honest disbelief that her Paris Hilton-like counterpart was raised with so much.

The two form a solid and believable bond that makes this show both funny and heart-warming, and definitely worth a watch.

9. **Real Time With Bill Maher** (HBO) airs Fridays at 10 p.m.

Real Time is the only "serious" show on this comedy list because, much like his peers Jon Stewart and Steven Colbert, Maher formats the hour-long show in a generally funny direction.

Maher does his research on issues, forms an opinion and, being very outspoken, has no problem telling it like he sees it.

After nine seasons much of his fan base is college students, partially because of his libertarian beliefs such as legalizing marijuana, and the popularity of his film *Religulous*, which criticizes religious extremism across the world.

8. **Workaholics** (Comedy Network) airs Tuesdays at 10:30 p.m.

Entering its second season, the three immature lead men from the comedy troupe Mail Order Comedy are gut-wrenchingly funny in *Workaholics* as recent college grads transitioning into adulthood. *Workaholics* is an ironic title for a show about three dudes who spend most of their time trying to avoid

work and still impress their co-workers and boss. This show is a glimpse for college students into their future. It shows when schools over, things might not be so different.

The BBT is the show that made being smart cool again. Returning for its fifth season, the sitcom that follows the lives and relationships of three nerdy physicists and an engineer has changed how

in the eighth season. The writers of *The Office* took Carell's departure as an opportunity to develop some of the other characters in the show's ensemble cast, such as Andy (Ed Helms) who will be taking over as regional manager. The introduction of James Spader as super-genius CEO of the company was a fresh twist to the long-running show and die-hard fans will be delighted to see the writing is as focused on the fears, hopes and dreams of their favourite Pennsylvania office workers as ever.

3. **It's Always Sunny in Philadelphia** (FX) airs Thursdays at 10 p.m.

In its seventh season, *It's Always Sunny* has been called "Seinfeld on crack." Maybe because they are a gang of self-centered people or maybe because it's the biggest Fox comedy since the original *Seinfeld* rocked the airwaves in the '90s. College students and young people alike will enjoy the post-modern, dark humour that drives the show.

The characters are almost despicable in nature but you have an understanding of their motivations. Fans of Charlie Day in *Horrible Bosses* can also see where Charlie got his jumpstart, as he writes, directs and acts in the show.

2. **Bored to Death** (HBO) airs Mondays at 9 p.m.

This semi-autobiographical comedy, follows a young writer (Jason Schwartzman) in his 20s as he struggles in his career as a novelist, and turns to posting Craigslist

ads on the Internet, offering his services as an unlicensed "private detective."

The show is very relevant to young audiences with witty hipster dialogue and situational humour.

The cinematography is beautiful and captivating, a benchmark for HBO programming. Ames is supported by the brilliant performances of Ted Danson, who plays a liberal magazine editor and the innocent Zak Galifianakis, who plays his cartoonist sidekick.

1. **Picnicface** (Comedy Network) airs Wednesdays at 10:30 p.m.

This new sketch show is the only Canadian comedy that made the list. *Picnicface*, executive produced by Mark McKinney from *Kids in the Hall*, was picked up for 13 episodes this fall, following a successful Canada-wide comedy tour.

Picnicface is originally an eight-person comedy troupe with a show on CBC radio and a live weekly improv show in Halifax, N.S. Several videos have gone viral on Youtube, including *All About Halifax* and *Powerthirst*, which has been viewed over 20 million times.

The show's editing and subject matter are very random, in a similar fashion as Tim and Eric Awesome.

The show often uses static-like or jump cut editing, as well as Monty Python-esque animations and original songs and music.

This show will appeal to a college crowd stressed out from classes and work, looking for a colourful and unpredictable world to escape into.

Top 10 comedies for fall 2011

1. **Picnicface** (Comedy Network) on Wednesdays at 10:30 p.m.
2. **Bored to Death** (HBO) on Mondays at 9 p.m.
3. **It's Always Sunny in Philadelphia** (FX) on Thursdays at 10 p.m.
4. **The Office** (NBC) on Thursdays at 9 p.m.
5. **The Big Bang Theory** (CBS) on Thursdays at 8 p.m.
6. **Modern Family** (ABC) on Wednesdays at 9 p.m.
7. **South Park** (Comedy Network) on Wednesdays at 10 p.m.
8. **Workaholics** (Comedy Network) on Tuesdays at 10:30 p.m.
9. **Real Time With Bill Maher** (HBO) on Fridays at 10 p.m.
10. **2 Broke Girls** (CBS) on Mondays at 8:30 p.m.

7. **South Park** (Comedy Network) airs Wednesdays at 10 p.m.

Matt Stone and Trey Parker, who recently won nine Tony awards for their musical *The Book of Mormon*, have sharpened the crude early seasons of *South Park* to a show acclaimed for its satire and sharp writing that lampoons everything from politics to pop-culture. Stone and Parker, who also do all the male voices on the show, have developed a perfect knack for mixing dark humour with timely criticisms and themes.

A show that was once considered rude can now be proudly watched in its 15th season for its intelligent story arcs, smooth animation and expert character development.

6. **Modern Family** (ABC) airs Wednesdays at 9 p.m.

The third season of this critically-acclaimed mockumentary returns, following the stories of three families who live in Los Angeles. Students away from home for the first time will remember home life from the relationships between the ensemble cast. Not only is there a traditional middle-class family, but also an unconventional family with a re-married Columbian mother and her pre-teen son. Two gay partners who have adopted a Vietnamese daughter round out the cast, showing a different family dynamic and more chances for people to relate.

5. **The Big Bang Theory** (CBS) airs Thursdays at 8 p.m.

students feel about being intelligent. You can feel comfortable knowing this show will teach you something you didn't know, as the writers actually consult real physicists and scientists for information. Through the genius blowhard Sheldon (Jim Parsons), hordes of trivia and information are given to the viewer in between jokes. It's no surprise that at the end of a BBT episode one feels entertained, yet educated.

4. **The Office** (NBC) airs Thursdays at 9 p.m.

After Steve Carell left the cast many doubted that his hilarious shoes could be filled

STUDENTS GET OFF TO A FAST START



PHOTO BY ALEXANDRIA DEER

Police foundations students were out for one of their morning runs around Doon campus on Oct. 31.

Getting down to business

By **BRADLEY ZORGDRAGER**

Would you argue about business with 1,500 CEOs?

In a study published by IBM, 1,500 CEOs said that creativity and the ability to introduce new and improved products are important in leading businesses today.

And this is exactly what Conestoga College is trying to promote through their free experience entrepreneurship program.

"We think that we have a concept that can add value to every single student at Conestoga College and that is to help them understand the importance of innovation and

entrepreneurship," said Barbara Fennessy, chair of the School of Business.

The program consists of six workshops and a 10-hour mentorship with a successful local entrepreneur. Those who attend at least five of the workshops and complete the mentoring portion will receive a certificate of completion.

Although the program filled up in the first week, those interested should keep their eyes open, as Fennessy anticipates 5-10 spots will open up as people realize they don't have time for the program.

Those who fill those spots would have to attend the five

remaining workshops, as the first one will have already passed. These events will help participants learn to identify opportunities, network, create a business plan and use social media.

The last event is a competition similar to Dragon's Den, in which participants showcase their business to a panel including entrepreneurs, professional business advisers and college faculty. The winner will receive prizes, including a ride in a hot air balloon with a "relatively famous entrepreneur."

The costs of the events and prizes are partially covered by \$5,000 received from

Conestoga Students Inc. The program is also funded by the Ontario Ministry of Economic Development.

Sandie Heirwegh, project co-ordinator of Experience Entrepreneurship, said they plan to match the mentors' areas of expertise with the students' area of interest by the end of November.

She said they hope the mentors will give students a tour of their business and take them to a networking event.

"The mentors that we have on board are very anxious to contribute back to the community and to help young people move forward and see

their dreams become a reality because these mentors understand what that's like because they've been there, done that. So they really have a sense of what the students are going through and what they're feeling and they want to be a part of it," said Heirwegh.

Whether students' dreams materialize and they become successful entrepreneurs themselves or simply apply their skills to another business, Fennessy emphasized the benefit of the experience.

"We want Conestoga graduates in every program to have that competitive advantage coming out of this college."



Remembrance Day Ceremony

November 11th, 10:35am

Doon - SLC Atrium

Waterloo - Front Foyer

Guelph - Cafeteria

Cambridge - Cafeteria

Hosted by
Student Life

On the 11th hour, of the 11th day, of the 11th month, Canadians are asked to pause and remember the thousands of men and women who have served, and who sacrificed their lives fighting for freedom and democracy.

LIVING LIKE A MASCOT



PHOTO BY DEVON SMITH

Cliffy kicks back in his crib at the CSI office. Should Conestoga's loyal mascot get cosier accommodations or is a cardboard box all he deserves?

Research saves lives.

Please give.



HEART &
STROKE
FOUNDATION

Finding answers. For life.

Artists shed light on seemingly unsettling images

By TIFFANY WILSON

Destruction, beauty, time and space are all viewed as visitors walk through the Kitchener-Waterloo Art Gallery for the Walk the Talk exhibition held.

With two parts to the exhibition, Karoline Varin-Jarkowski, artist educator, guides her first one-hour tour explaining each artist's collection.

The first part of the tour is on their permanent collection called We All Fall Down curated by Barbara Hobot and Cindy Wayvon.

The second part of the tour, called The Limits, shows visitors that art has no limits and the universe is ours for the taking.

Varin-Jarkowski said the permanent collection presents images of destruction and decay, that there are things that may be unsettling, but still have beauty behind them. She points to a drawing by Paul Fournier called the Dead Crow to show that even a drawing of an upside down crow decaying can still be beautiful as it depicts beauty through the lines and actual art itself.

"As humans, we have this tendency to get interested in the grotesque or ugliness which almost goes with beauty," she said.

A prime example of this is photographs by Edward Burtynsky of a chicken processing plant in Toronto and a B.C. packaging plant in British Columbia. He is interested in how humans have an impact on the environment, Varin-Jarkowski said. A lot of his work has to do with sites and factories in China and the cutting down of forests. The way he photographs shows a lot of elements, composition and design.

"It makes you think how we as a society have to survive and have to eat, but also realize what it does to the food chain and how we deal with food and the raising of animals for food and science," said Varin-Jarkowski.

Visitors walk past a piece of art that looks like it is burning. The orange, red and yellow flames capture visitors' attention, leaving them pondering what the photo is about.

"Artist Michael Snow created a piece he calls Smoke and Mirror that starts as a painted self-portrait that the artist photographs then lit on fire. As the image burns he re-photographs the work which shows destruction. It's quite beautiful in the way it is shown," she said.

As people stroll onto the next part of the exhibition, Varin-Jarkowski said Crystal Mowry started the whole process of curating the exhibition two

years ago by interviewing all the artists, getting their work to the gallery and had some artists speak at opening receptions. She wanted to work with the concept of time, space, limit and also memories through passage of time.

Spring Hurlbut, an artist who is interested in memory, has worked with human and animal remains. Varin-Jarkowski said it started with her father. When he died and was cremated, Hurlbut took his ashes and used it as her way of dealing with his death.

"She wants to use empirical methods of measurement to come to terms that her father is now this small bag of ashes."

Hurlbut spilled the ashes on black felt and photographed the patterns.



PHOTO BY TIFFANY WILSON
Grant Henderson took his time before the symphony to appreciate the string artwork done by Alyson Shotz.

I would love for someone to do this. Some people may think it is morbid, but I don't at all. I think it has to do with your background, your religion and so on," Varin-Jarkowski said.

Born in the Philippines, Lani Maestro creates a 500-page book called a Book Thick of Ocean which represents endless pages of ocean waves. This is a visual reminder of the physical and historical distance which separates Maestro from her own life.

PHOTO BY TIFFANY WILSON

Christopher Ross was in awe when he walked around David Spriggs's layered sculptures and witnessed the distortion of the object.

"The book deals with the death of her Nanay, which means heart mother. I can relate to this because I am an immigrant and the book represents the space between us and the space between countries. Not reaching the shore, not reaching the other space. It's like it's never ending, you are never going to get to that shore and it is exhausting," she said. "To turn the page is to literally move through the water, yet the shore is eternally out of reach."

When I die I would love for someone to do this. Some people may think it is morbid, but I don't at all.

— Karoline Varin-Jarkowski

The Drawing of the History of the First World War by Kristan Horton uses a variety of media, such as sculpture, video, photography and drawings. By choosing an event in history, the scale of production and redefinition was prominently shown in each of the eight drawings, said Varin-Jarkowski.

The artwork is presented in a spiral manner because the artist does not want people to stand and just look at the art on the wall, but wants them to take the time to walk around the piece to engage in every detailed event drawn.

In the next room, David Spriggs's art Vision and Archeology of Space is influenced by the Renaissance era and early cinema. His layered sculptures are done on transparent film using a digital computer program. He then uses acrylic paint and light to trigger his illusion.

"This is the same idea where you can walk around it and the image is distorted, but it is also very spatial. This reminds people of a cosmo explosion. It's like it is changing the shape of space and concept, but the figure actually looks three dimensional," said Varin-Jarkowski.

Last, but not least, Jani Ruscica creates a video to tell a collective story of the evolution of the universe through the perspectives of seven Finnish youth. The video, called Evolutions, portrays each youth's narrative version of how they view the world up until this point.

"The chalk is symbolic of drawing boundaries, of depicting time, the idea of limits and so on. The video is spoken in Finnish and then translated into English. The photographs, called Microcosm, depict each youth in their own tangible universe, also known as their bedrooms," Varin-Jarkowski said.

As the video finished, so did the exhibition. Destruction, beauty, time and space came to an end, but the art will still be shown at the gallery until Jan. 8.

Upcoming exhibitions include Marc Ngui and Magda Wojtyra: Let's Glow, starting Jan. 18 and Another Victory over the Sun starting Jan. 20.